



## Year 6 - Being My Best

**Key questions**

**Aspirations and Goal Setting**  
Do goals and aspirations need a plan? Are problems, challenges and barriers part of achieving goals?  
How can problems, challenges and barriers be overcome?

**Managing Risk**  
Are risks physical or emotional?  
How can a risk be emotional?  
What can someone do to reduce or remove risk?

**Key vocabulary**  
give connect influence  
be active assessing risk  
problems choices  
goal setting overcome vaping  
practise media  
aspirations take notice (mindful)  
weigh up achieve challenges  
perseverance  
keep learning (get creative)

**I can ...**

I can tell you how I can overcome problems and challenges on the way to achieving my goals.

I can give examples of an emotional risk and a physical risk.